

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

MAY 2010

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Carole Quarrington

TELEPHONE NUMBER
(860) 870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION
(860) 870 – 3137

Van Drivers: Peggy Anderson, Mike Joslin
& Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

Happy Spring ~ we are anxiously looking to see what will be peeking through our garden beds. As the Town of Ellington does its traditional Memorial Day celebrations, we will be remembering our Veterans who have served and who are presently serving in the military. Look for dates and times within this newsletter.

In May we recognize our dedicated Volunteers as we honor them at our annual Volunteers Recognition Breakfast on May 19, 2010.

Erin

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW
31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131

TRIAD SENIOR SAFETY NEWS

TRIAD SENIOR SAFETY PROGRAM AT SENIOR CENTER

MAY IS MENTAL HEALTH MONTH—presentation on May 18th at 12noon with Dr. Shahab at the Senior Center. Dr. Shahab will discuss mental health and aging issues. Presentation at 12 noon followed by a light lunch. RSVP by April 14 by calling Anna Turner at 860-870-3131 and for a van ride call 860-870-3133.

Other News:

RENTERS REBATE applications accepted May 15 to Sept. 15—The Town of Ellington Human Services office will be assisting low income elderly and disabled persons with completing applications for the State of CT Renters Rebate program. For more details call Anna Turner at 860-870-3131 to learn about the income limits for this program and the required 2009 paperwork to complete an application.

May is Osteoporosis Prevention Month—please check out information on this crippling disease by talking with your doctor or looking at the National Osteoporosis Foundation website www.nof.org for more details.

Parkinson's Support Group—this months meeting to be held at the Ellington Senior Center on Friday May 21st at 10am. All are welcome to attend. Call Anna Turner for more details 860-870-3131.

ECHN has received additional funding to provide an office visit, pap test and mammogram to under-insured women over age 40. If you are a woman between age 40 and 64 and have little or no health insurance, you may be eligible for a **FREE** Pap test and mammogram through Eastern Connecticut Health Network's CT Breast and Cervical Cancer Early Detection Program. For more information call Debra at (860) 872-5368. Call today to find out if you qualify for **FREE** health screenings.

Ellington Senior Center
Transportation Department

Please note, the “**new**” Stop & Shop we are visiting is the previous *Shaw’s* store located on Windsorville Road in Vernon, CT.

Reminder: Calls for transportation request are **only** to be made through calling the transportation phone number at the Ellington Senior Center; between the hours of (9am-1pm).



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

(EMAT) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded, in part, by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMAT appointments are offered Monday – Friday between the hours of 9:00 am – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. *\$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation “packet” by calling the Transportation Line at 860-870 – 3137 between the hours of 9:00am – 1:00pm. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*** * \$25.00 is suggested as an annual donation for transportation.

BALANCE CLINIC – Alcyone Brennan L.M.T is hosting a “Balance Clinic” on Wednesdays, June 2, 9, 16 & 23 from the hours of 10:00am – 10:45am in the main room of the Ellington Senior Center. The cost to participate in this, very informative clinic, is \$15.00 for Town of Ellington residents; and \$20.00 for non-residents. This will cover the cost for all the classes. Per Alcyone, she will focus easy, effective, specialized exercises of the lower body to strengthen muscles. This class is appropriate for all men and women of all ages who have the ability to stand and walk. Chair support is optional. Payment in full is required before classes begin. See our front receptionist to sign-up.

BALLROOM & POLKA SOCIAL – Ballroom dance is taught on Fridays at (1:00pm); Polka follows at (2:30pm). **Ballroom and Polka dance classes will end on May 21st for summer break. Dance classes will resume after Columbus Day weekend in October.**

BETTER AGE CLUB - Held the 2nd and 4th Thursdays of the month at (1pm)

May 13, 2010 Business Meeting. Entertainer, Paul Reckar

May 27, 2010 Entertainment, Fiddlers

CARDS AND GAMES:

Bridge: Tuesdays @ 9:00am. See Pat Szemplinski or Rosemary Malatesta

Canasta – “King’s Row”: Join Barbara Donohue and friends Thursday’s at 1:00pm.

Dominos: First Tuesday of the month at 1:00pm.; come join the fun!

Evening Cards: (Setback): Tuesdays and Saturdays at 7:00pm. See Bob Karlowicz or Carl Larson

Mahjongg: Every Friday at 10:00am See Barbara Donahue

ELLINGTON SINGERS

The Ellington Singers “*Spring Musicale*” was held on April 22nd at the Ellington High School, under the direction of Barbara Caramonte. Our congratulations on another most successful year! Through the generosity of the patrons who donated can goods, the Town of Ellington food banks shelves have been replenished. Thank you to everyone who donated. Ellington Singers are planning a “pot luck” luncheon on Wednesday, May 12, 2010 at (12:00pm) to round-up their season. Accolades to these singers who worked so very hard to bring pleasures to the Ellington community.

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30pm. – 3:00pm. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00am – 10:00am. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00a.m. ***Cost is \$28.00.** Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, May 5, 2010.

* **Call Rita directly to schedule your appointment.** She can be reached at (860-742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30am – 11:30am (beginner's class); and 11:30am – 12:30pm (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

GARDEN THYME: Garden Thyme is a group of individuals who meet every Monday morning at 9:00am at the Senior Center. Under the guidance of our Master Gardner, Marilyn Shirley, they enjoy themselves as they tend to our flower and vegetable gardens as well as our friendly neighborhood chipmunks and bunnies.

LINE DANCING: Join Amelia and Adam as they teach line dancing. Line dancing is held Monday afternoons. Beginners class from 1:00 – 1:30pm through May 17th. Regular line dancing classes are held from 1:30 – 2:45pm. **Line dancing will end for the season on June 28th. Classes will resume after Columbus Day weekend in October.**

MEMORIES & CREATIVE WRITING –Memory & Creative Writing meets monthly every 3rd Thursday of the month at (1pm) at the Ellington Senior Center. The purpose of this group is to share orally or in written form the groups past, present, or ongoing experiences. If you have a love of writing or just want to share your thoughts on paper. Come join us!

MUSICAL INSIGHTS: Musical Insights meets the 2nd and 4th Monday evening of the month. Musical Insights is held from 6:00pm – 8:00pm at the Ellington Senior Center. Our May programs are as follow:

May 10, 2010 Liberace. Presentation by Jim Dixon

May 24, 2010 An Ellington Salute. Spirit of the Nation – *A special evening.* Sign-up will be required. Seating is limited.

MOVIE TIME: What a wonderful way to spend an afternoon. Movie Time is held the last Tuesday of the month at (1pm). Barbara Donohue & Carole Quarrington graciously head this activity for us. Feel free to bring a bag lunch with you. We will supply the popcorn and beverage. May's movie is Notting Hill starring Julia Roberts and Hugh Grant. Cost for this event is \$1.00. Come join us!

OUT TO LUNCH: "Out To Lunch" is held the first Tuesday of the month at (1pm). Come join us as we frequent local restaurants in the area. Sign-up is required. Van service is available.

May 4, 2010: Olive Garden Restaurant, Enfield, CT

June 1, 2010: Frankie's Firehouse Restaurant, Somers, CT

MAY PROGRAMS: All programs require a sign-up. Call the Senior Center at (860) 870-3133

AARP-55 - Defensive Driving course. Monday, May 3rd & Tuesday, May 4th (10am – 2pm). Held at the Ellington, Hall Memorial Library. Prior sign-up was required for this program.

Balance Program – Thursday, May 6, 2010 (2pm). Presented by Alcyone Brennan; LMT, State of CT Geriatric Specialist.

Tower of Work – Tuesday, May 11, 2010 (2pm). Presentation by Lee Almand; VNA Health Care.

Parkinson Support Group – Meets at the Ellington Senior Center the 3rd Friday of every month at (10am). Join us for support, conversation, education and refreshments! For more information contact Anna Turner at (860) 870-3131. May's meeting is to be held on Friday, May 14, 2010.

May is Mental Health Month - presentation on May 18th at 12noon with Dr. Shahab at the Senior Center. Dr. Shahab will discuss mental health and aging issues. Presentation at 12 noon followed by a light lunch. Call Anna Turner at 860-870-313; for transportation services call 860-870-3133.

SEW & SO/CRAFTS: Meets every Thursday morning at (9:30am) in the main room of the Senior Center.

SHUFFLEBOARD: Every Wednesday at (2pm). Shuffleboard is played in the main room of the Senior Center. This is a very active and fun group of people. Van service is available.

TRIPS: Follow upcoming trips via our newsletter and/or publications in local newspapers. More trip information will be forthcoming

Wii GAMES: Wii games will begin to be played on Wednesday, May 26, 2010 from (12:00pm – 1:30pm). Bring a bag lunch, if you would like, and have fun playing Wii bowling and Wii sports! A sign-up sheet is available at the Ellington Senior Center

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at (860)875-2613

AMERICAN LEGION – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287

VETERAN'S AFFAIRS – State Representative – Ted C. Graziani at (860)240-8531

MEMORIAL DAY CELEBRATION: The Town of Ellington's Memorial Day celebration begins at Crystal Lake at approximately (9am), where Green Street intersects with Route 140, and end at the Crystal Lake cemetery where a brief service will be held. Services will be held at (10:30am) at the Ellington High School. At the conclusion of the program, at approximately (11:30am), a parade will begin from the High School and proceed to the Ellington Green and then to the Ellington Cemetery for brief memorial tributes at each location.

